

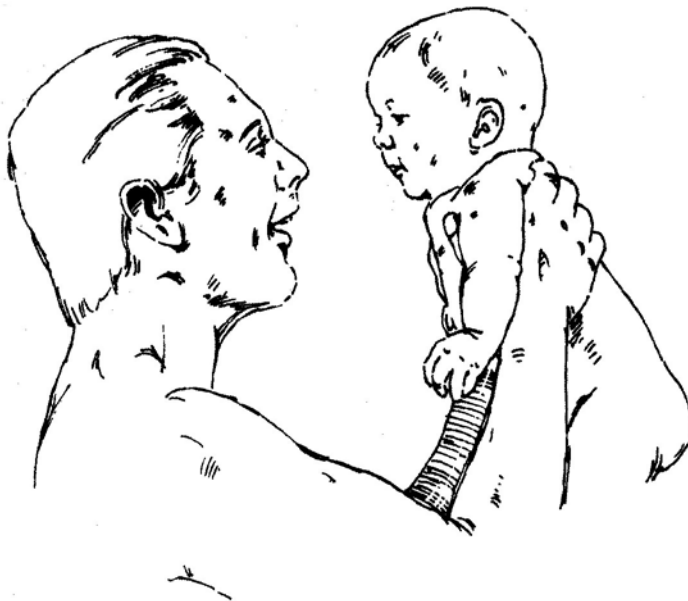
## **11** BREASTFEEDING FACT SHEET

### **BREASTFEEDING AND YOUR PARTNER**

#### **Your Partner and the Baby**

It is very important for both of you to spend a lot of time in very close contact with the baby. This helps you learn to love your baby. Breastfeeding gives you a lot of close contact with the baby. Here are some things your partner can do to develop close ties with the baby:

- Playing
- Rocking
- Burping
- Dressing
- Bathing
- Strolling
- Feeding (solid food may be started at 6 months)
- Diapering
- Holding



## BREASTFEEDING TRIAGE TOOL

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### You and Your Partner

Many parents find they have less time for each other or to be by themselves during the first months after birth. This is normal, no matter how you feed the baby. It is part of getting used to having a baby. Other parents have found these ideas to be helpful:

- Talk with your partner about what you both want.
- Give each other plenty of affection and support.
- Find ways to let each other have some time alone.
- Keep household chores to a minimum. **Your house does not have to be spotless.**
- Talk about who will cook, clean, shop and wash clothes. Ask friends and family for help.
- Taking care of the baby and yourselves is most important! It takes time to adjust to a new baby. Eventually your household will settle into a new routine.

